

136 H. ABSTRACT OF THE DISCLOSURE

137 According to the present invention, fat and caloric content of breads can be reduced by the
138 replacement of a portion fat content normally found in breads with an equal amount of emulsified
139 liquid shortening composition comprising dietary fiber gel, water and lipid. The result is that fat and
140 caloric content of breads can be manipulated with minimal effect on taste and texture. Furthermore,
141 these emulsified mixtures, or “emulsified liquid shortening compositions comprising dietary fiber
142 gel, water and lipid”, can further comprise functional foods such as high omega three and omega six
143 oils and pure omega three and omega six fatty acids, medium chain triglyceride, beta carotene,
144 calcium estearate, vitamin E, bioflavonoids, fagopyritrol, polyphenolic antioxidants of vegetable
145 origin, lycopene, luteine and soluble fiber, for example Beta-Glucan derived from yeast, and other
146 soluble fibers derived from grain, flax seed, and other vegetable and fruit fiber sources, and any
147 combination thereof. Hence, in addition to reducing fat and caloric content of breads, further health
148 benefits can be achieved by replacing a portion of fat with emulsified liquid shortening compositions
149 comprising dietary fiber gel, water and lipid.